QC

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FAITHFULLY FUNNY

HOW WRITER ZARQA NAWAZ MIXES COMEDY AND RELIGION — AND GETS AWAY WITH IT P. 6

FREE

IN THE CITY

OCTOBER 4, 2014 — 9:51 A.M.

Market place



Root vegetables were out in full force at the Regina Farmers' Market in City Square Plaza. Susan Ross found a colourful bunch of heirloom carrots to bring home on Oct. 4. QC PHOTO BY MICHAEL BELL

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ON THE COVER P. 6



Regina's Zarqa Nawaz is best known as the creator of the TV show Little Mosque on the Prairie. Her first book, Laughing All the Way to the Mosque, was released in June. QC PHOTO BY DON HEALY

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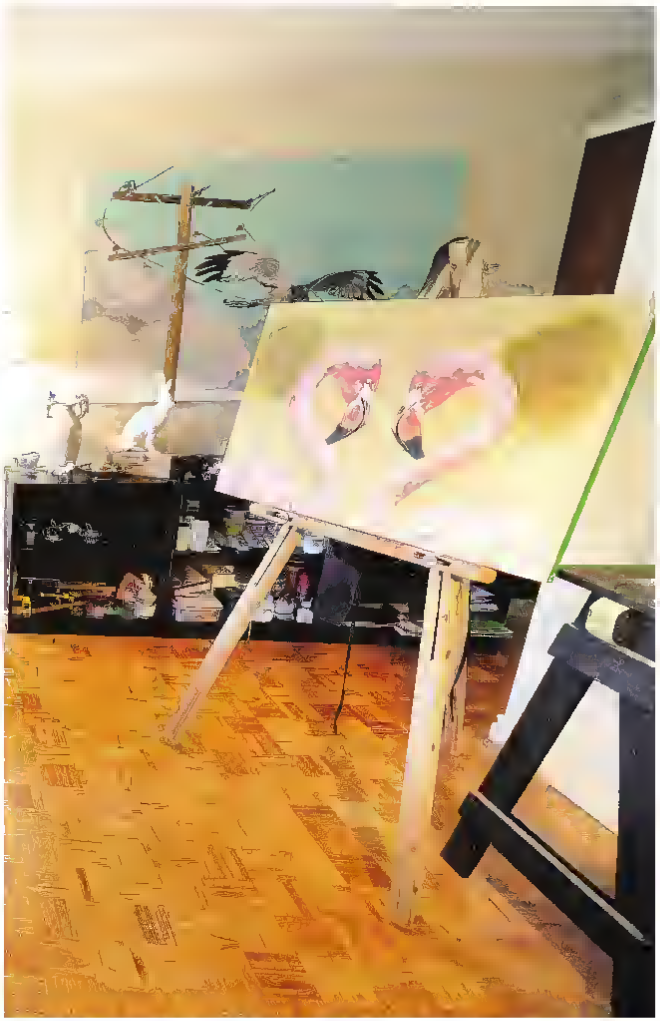
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SPACES P. 4



Artist Belinda Harrow balances home life and work life in her downtown apartment.
QC PHOTO BY DON HEALY

QC COVER PHOTO BY HON HEALY

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SPACES

Spaces celebrates beauty both indoors and out. If you have a living space we should highlight email QC@leaderpost.com

REGINA'S BEST SPACES

Artist's apartment doubles as studio

By Ashley Martin

WHO? Artist Belinda Harrow

WHAT/WHERE? Her downtown apartment/studio space in Regina

WHEN? Harrow has lived in this building since 2012 when she returned to Saskatchewan from the Yukon. She only needed a small space, as her nomadic lifestyle had left little room for collecting things. She'd previously lived and worked in Nova Scotia, Scotland, New Zealand, China and India.

"I was going with a suitcase of stuff and I had to travel light," said Harrow, who mostly lived in shared spaces in the Yukon, finally with her own place. "that was the first time I started to accumulate a few more things."

In Regina, she started out in a one-bedroom apartment, then upgraded to a two-bedroom in the same building. Her spare room does double-duty as a place for visiting friends and family to stay, and as a storage space for her artwork. The living room doubles as a workspace.

WHY? Harrow has been artistic since childhood and pursued fine arts in Halifax after completing an English degree at the University of Saskatchewan.

She enjoys making art at home because "I feel like I'm still having a home life," even if it's not necessarily relaxing, said Harrow.

After work at the Saskatchewan Arts Board, where she helps maintain the permanent collection, she can paint a little, then cook supper and watch TV, then go back to painting.

But fitting an art studio into an already compact space is not always easy.

Before her last show, "I had work everywhere because I don't have a lot of storage, so stuff is up and I'm living with it and then I can pull it off the wall and make changes.

"I have lots of things, and they're coming and going."

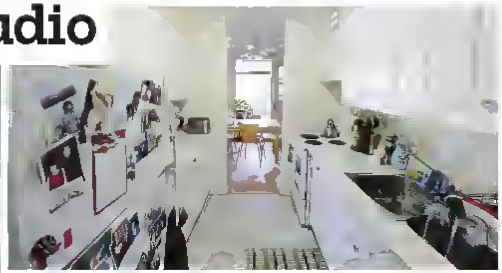
There are limitations to the work she can do here — anything more than painting and sewing is off limits.

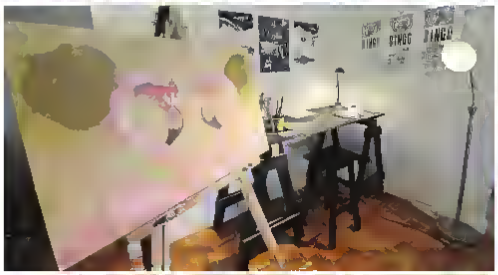
"I can only do so many messy things in this apartment because I want my damage deposit back," she said, laughing.

HOW? No surprise, Harrow's decor is focused on art, while nature plays a close second — a cowhide rug ties into other organic elements, likes plants, fur and rocks.

QC PHOTOS BY DON HEALY

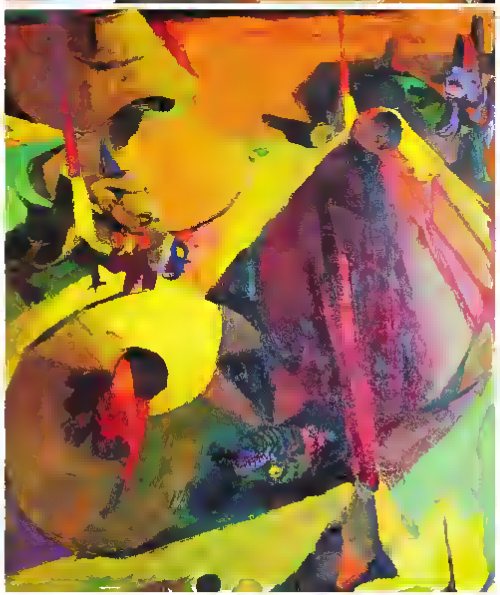














SPACES

For furnishings, she's resourceful.

Her second-hand kitchen table, a reject from a former tenant in the building, is made a bit chicer when paired with mid-century modern chairs. Her living room couches, floor models from The Brick in Whitehorse, are punched up with colourful throw pillows. Unable to find a buffet to display sculptures and house art supplies, Harrow made do with cheap bookshelves from Walmart — side by side, they give the illusion she wanted.

Harrow's art collection is what really makes the space special, though. She's collected pieces from everywhere she's lived and travelled.

"I think it is so great to live with art," said Harrow. "(The pieces) remind me of places, they remind me of people, they're esthetically beautiful. I think they add a lot of value to the space that I live in, and it's really nice and inspiring even when I'm working on my own work."

Harrow has pieces by local artists David Garneau, Terri Fidelak and Troy Coulterman (the latter is on loan to the MacKenzie Art Gallery at the moment).

A large painting next to her TV is by a co-worker in New Zealand. Another large piece, a hawk flying between power lines, is her own creation.

Hanging above her work bench, three watercolours by Whitehorse artist Rosemary Scanlon are displayed opposite three of Harrow's own bingo-inspired pieces.

Presently, an unfinished flamingo piece takes centre stage in the room, propped up on an easel. It's a work in progress for a January exhibition in Estevan, I'll Show You Mine If You Show Me Yours: Love in the Modern Age.

A drum Harrow made is a souvenir from her time in the Yukon, as are a pair of fox fur mukluks from Kwanlin Dun First Nation.

A quilt made by her mother and a gifted Chinese scroll decorate her bedroom.

All of these creative pieces hold memories, but with no garden, Harrow's houseplants are most dear to her.

"I think they represent a stability and being in one place for a certain amount of time," she said.

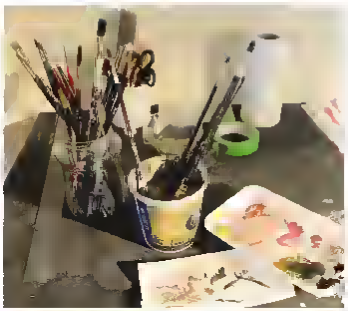
Harrow's space is art-fuelled, and her art is sometimes fuelled by spaces, too.

Her last exhibition, Glancing Blows, featured Saskatchewan birds living at the "edge of urban spaces."

It just came down at Slate Fine Art Gallery, though some of Harrow's pieces remain for sale there.

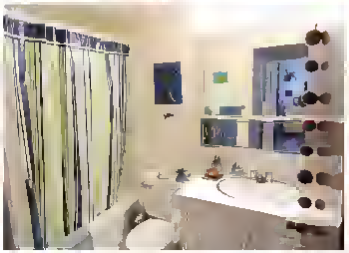
While she's made the best use of this small apartment, Harrow hopes to soon spread out a bit more. She's currently house-hunting.

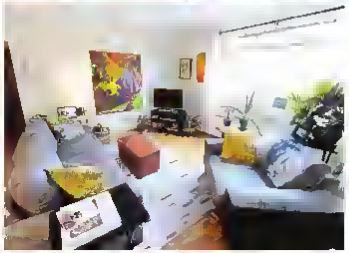
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ON THE COVER

As a feminist, female rights, especially in the Muslim community, mean a lot to me.
— Zarqa Nawaz

MUSLIM COMEDY WRITER

Nawaz breaking stereotypes through humour



Zarqa Nawaz is best known as creator of the TV show Little Mosque on the Prairie. She is also celebrating her first book, Laughing All the Way to the Mosque. QC PHOTO BY DON HEALY

By Ashley Martin

Zarqa Nawaz passes out at the sight of blood.

It's not a trait that bodes well for a doctor. But the pipette incident that left her woozy on the floor during medical school didn't faze her. Nawaz was going to be an OB/GYN.

"Not in a million, gazillion years if you had told me when I was 18 that I'd end up becoming a television sitcom writer would I have believed you, because I was so intent on being a doctor. That's like a 180," said Nawaz.

But that's what happened.

Fast-forward three decades and Nawaz is known as the creator of one of Canada's most successful TV series and most recently as a published author of two comedic "mosque"-titled projects.

It's not in Nawaz to not be funny.

During CBC's six-season run of Little Mosque on the Prairie and in her so-called "memoir of sorts", Laughing All the Way to the Mosque, she tackles serious subjects — like religion, feminism, prejudice. But humour is her medium.

"Comedy comes to me naturally so it's just the way I write, even if I'm writing (about) something serious like 9/11," she said.

■ ■ ■ ■

The seed for her book was planted at a conference a couple years ago as two people were having an argument about Muslims.

Nawaz wanted to dispel misconceptions and help people understand the community, and "not be so freaked out all the time about Muslims," she said.

She experienced racism growing up in Toronto — Ali and Parveen Nawaz enrolled their three kids in karate just so they could defend themselves — but things have only amplified in post-9/11 years.

"Muslims have (the) lowest approval rating across North America, possibly the world, and I feel that's part of it.

"We are not very highly regarded as a group of people," said Nawaz.

> Especially now with all the anti-Muslim sentiment, it's hard saying, 'Hi, I've just written a book about Muslims, it's really funny' — *Nawaz*

"Now the discourse belongs to the right wing almost exclusively with Fox News. Muslims are a threat to the universe. The hysteria with ISIS. You just feel like you're against this incredible tide of anti-Muslim sentiment."

So two years ago, she started writing. It began as a book of essays, which her agent rejected — twice.

"She was like 'write the way you write best,' which is through story and comedy so I tried again to make it intellectual and she rejected it the second time," said Nawaz. "The third draft she liked."

HarperCollins editor Kate Cassaday saw Nawaz through to publication.

"She's a fantastic storyteller and she brings this kind of blazing intellect to everything she does," said Cassaday. "What I love about the book is you get to see all the different sides of her from her fighting fiercely for women's rights in the mosque to that side where she's unwilling to go to the outhouse because she's worried about jinn possession.

"She brings this kind of full and complete picture of herself to the page. ... I think it's funny and I think it's telling."

But Nawaz wasn't convinced it was funny. She wanted to treat the book like a TV sitcom, projecting the words onto a wall and dissecting it line by line to punch up the jokes with a crack team of writers.

"I didn't know if it was any good or if it was even funny. At first I thought people were joking" when they said they liked it, she said.

But it was no joke. Canadian Living called it the book of the summer. It was Chatelaine's book club pick for August. Robert Collison of the Toronto Star labelled Nawaz a "Funny Lady the Sultana of the Sardonic maybe even the Imamma of the Ironic," praising her "fatal weakness — irreverence."

Nawaz can likely channel that into her dream project, writing a Bridget Jones-style novel about "a poor Muslim woman who cannot pull it together. I feel like I could be the Muslim version of Helen Fielding."

Cassaday is all for it. "I would love to see what comes out of Zarqa's keyboard there," she said.



Zarqa Nawaz with son Zayn and daughter Inaya. QC PHOTO BY DON HEALY

Being absorbed in the same content for more than two years, writing 1,000 words a day and nearly contracting carpel tunnel hasn't turned her off from the process.

If anything, promoting the book has been more of a challenge.

"You have to morph into this vacuum cleaner sales person," said Nawaz, who fears book signings so much she took to practising writing funny notes to imaginary people in bookstore copies.

"I was getting really outlandish like, 'your wife did not have an affair, I was there, I can prove it.'"

When the Coles manager caught her that was the end of the ruse.

"Then I had to start to do book signings," said Nawaz.

On one hand, she loves book signings because she gets to interact with her audience. But on the other hand she dreads them — and it's not for having to sustain herself with protein bars and bottled water during 12 hour shifts.

"Especially now with all the anti-Muslim sentiment, it's hard saying, 'Hi, I've just written a book about Muslims,' it's really funny.' You're worried that they're going to be like, 'They've managed to infiltrate Chapters,'" said Nawaz, laughing. "Like 'we're not safe in a book store.'"

It's like the worst possible time to be coming out with a funny book about Islam and Muslims."

The book came out around the time Boko Haram was big in the news.

Before the June 16 release, "I was thinking, 'Oh, I hope things will be quiet in the Middle East,'" she said, laughing.

Then she amended the wish to, "'I hope it doesn't get worse.' Could it get worse? Then by the time it got really going, ISIS emerged and I was like, 'Yeah, it can get worse.'"

■ ■ ■ ■

Nawaz does not consider herself a political person.

"The things I talk about are community and family and relationships. And there's enough stuff about Muslim politics on television, God knows."

So when she pitched her idea for a sitcom to CBC TV, "I wanted a show that people could relate to and I wanted it to be about community and the things I go through in life every day as a mom, as a wife."

More than two million viewers tuned into the premiere back in January 2007.

But inasmuch as Little Mosque on the Prairie dealt with the everyday happenings in a prairie town, it did venture into the political side of Islam — like when a barrier is erected in the mosque to separate men and women.

That specific storyline and the whole idea for the show was born of Nawaz's 2005 documentary, Me and the Mosque, which explored the increasing conservatism in mosques due to Saudi Arabia's influence, and making mosques more equitable spaces.

"As a feminist, female rights especially in the Muslim community, mean a lot to me," said Nawaz.

Continued on Page 8

What I love about the book is you get to see all the different sides of her, from her fighting fiercely for women's rights in the mosque to that side where she's unwilling to go to the outhouse because she's worried about jinn possession.

— *Kate Cassaday*



Little Mosque on the Prairie won the Canada Award at the 2007 Gemini Awards, which were held Oct. 28 in Regina. The award is for media representation of multiculturalism. QC FILE PHOTO BY BRYAN SCHLOSSER

'I wanted to have a documentary saying 'this is not religion, this is culture and you have to separate the two.' And women have a right to be up front and centre in the mosque and feel comfortable and not be feeling like they don't belong there."

That belief extended to Little Mosque on the Prairie — she wanted to portray "an imam who cared deeply about women."

She's surprised it took off, it aired in more than 60 countries and, during the first season, about a million people tuned in each week in Canada.

"People were amazed because up to this point they'd only seen brutal Muslim men oppressing meek burka clad Muslim women. That was the only image in media of Muslims. You'd get horrifying television shows like 24 or Homeland, so this was the first comedy that sort of gave a snapshot of regular Muslims doing regular things, it humanized the community."

But in spite of Nawaz's apolitical leanings, "People expect you to have an opinion."

Recently in Saskatoon for the Word on the Street literary festival, a CBC reporter questioned Nawaz about ISIS, an Islamic extremist group.

"I don't have my speaking points ready about this crazy terrorist organization," she said, then joked. "We don't have time to destroy western civilization, we have to pray and get our kids to soccer practice. That pretty much absorbs our whole day.

"I just never get the breaks when it comes to Middle Eastern politics.

"Tina Fey does not have to worry about being asked about murderous white people when she comes out with a comedy, right?"

■ ■ ■ ■

Nawaz counts Fey, Amy Poehler, Lena Dunham and Joan Rivers as comedy icons.

"It's a great time to be a female comic, because there's wonderful role models who have paved the way for women."

But while the "can women be funny?" debate has been going on for years, Nawaz was oblivious to it before working in TV.

"I suddenly could start sensing that the guys wouldn't like it if you came up with a better joke than they did," she said. "When I came up with a good joke, it was like I discovered plutonium or something, they would look at me like 'how did that come out of her mouth?' It was this odd sexism that exists in the comedy world."

Nawaz didn't jump straight from medical school to comedy writer.

First, she discovered journalism, lying her way through the entrance interview and graduating from Ryerson in 1992.

"It was so exotic," said Nawaz, who imagined herself as "Barbara Walters or Diane Sawyer, in the trenches, international journalist crusading the world."

Except her mom wouldn't let her leave home until she was married. "I couldn't even go take outside of Oakville."

And that's how she ended up in Saskatchewan.

After meeting a series of potential suitors, she found Sami Haque, her husband of 21 years, who'd lived in Regina since toddlerhood.

Due to an Ontario law passed the day after they were married, Haque couldn't practise medicine there because he hadn't graduated in the province. They couldn't stay in Toronto unemployed, teeching off her parents.

"At that point in my life I was convinced I was going to be this international crusading journalist and I needed to be in Toronto," said Nawaz.

While working as a producer on Peter Gzowski's radio show Morningside, she could sense journalism wasn't her calling.

Haque was working in La Ronge, while Nawaz was in Toronto with their first daughter, Maysa. That's when she decided to take a film course at the Ontario College of Art.

When BBQ Muslims, her first 'terrible' short film premiered at the Toronto International Film Festival in 1996, "that's when it first occurred to me that I could write comedy in a way that people could relate to." It changed her direction. She made several more films over the years.

■ ■ ■ ■

Nawaz reluctantly made Regina her full-time home in 1999, when second daughter Inaya was starting junior kindergarten and son Rashad was a baby. Another son, Zayn, was born in 2000.

"I just think it's incredible that 20 years ago I was so opposed to living in Saskatchewan and now I won't leave," Nawaz said, laughing. She has spurned Hsque's suggestions to move to L.A. for her career.

The city has changed a lot in two decades.

> This was the first comedy that sort of gave a snapshot of regular Muslims doing regular things; it humanized the community. —*Nawaz*



In this early episode of Little Mosque on the Prairie, men and women were segregated in the mosque by a barrier. It was based on Nawaz's real-life experience, which was the inspiration for her 2005 documentary Me and the Mosque. FILE PHOTO

With the advent of the Saskatchewan Immigrant Nominee Program, "Entire villages have emptied out into Saskatchewan from around the world," she said, laughing, "so it's changed the makeup of Muslim communities. It's very much a newcomer community now."

The "radical demographic shift" reminds her of Toronto in the 1970s, when she first arrived in Canada from England at age five. Her parents had emigrated from Pakistan to Liverpool, where Nawaz was born.

Her form of teenage rebellion was to wholly embrace her Muslim faith. She adopted the hijab at age 13 and guilted her mother into doing the same.

"When you grow up in a non-Muslim environment, you grapple with issues of identity and faith and who you are and what you stand for and how people view you. The hijab was this great way of self-identifying as Muslim and a way to stick it to your parents," said Nawaz.

Today her attitude has changed. She has encouraged her two daughters to do what's right for them.

Maysa, 20, has chosen to wear the hijab. Inaya, 18, chose not to wear it.

While she'd like all four of her children to dress modestly, it's not the clothes that make the Muslim — "it's how you behave and treat people."

Like when Inaya is travelling nationally to play rugby and still manages to pray five times a day.

"To me that's what Islam is about, how she conducts herself, not what she puts on her hair. And she's always answering questions about Islam," said Nawaz.

Or being involved in social justice activities at Campbell Collegiate, where they all attended high school (Rashad and Zayn are still there).

"As Muslims, we're taught you have to make your community a better place and you have to involve yourself through service and you have to contribute to make a better society," said Nawaz, "and that's how they express their faith. And I don't think faith needs to necessarily be expressed with a piece of fabric on your head and then you don't do anything to make the world a better place.

"I feel like my kids have turned out to be these really strong kids who do not see any problem with being 100-per-cent Canadian of Muslim faith. You can be both; they self-identify as Canadian and their religion is Islam and there's no contradiction between those two."

You can meet Zarqa Nawaz during her next marathon book signing, all day at Chapters in Regina on Oct. 18.

amartin@leaderpost.com
Twitter.com/LPAshleyM

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EVENTS

What you need to know to plan your week.
Send events to QC@leaderpost.com

MUSIC

Wednesday, Oct. 8

Christina Perri
Casino Regina Show Lounge
1880 Saskatchewan Dr

Wednesday Night Folk: Billarney
Bushwakker, 2206 Dewdney

WayBack Wednesdays with Leather Cobra
McNally's, 2226 Dewdney Ave

Kinnie Starr, Janet Panic
The Exchange, 2431 Eighth Ave

Thursday, Oct. 9

The Harpoonist and the Axe Murderer
The Exchange, 2431 Eighth Ave

Fleshtone Rockets
The Pump, 641 Victoria Ave E

Friday, Oct. 10

4x4 Fridays
YQR, 1475 Toronto St

Scott Anthony and Rich McFarlane
8 p.m., The Club at The Exchange, 2431 Eighth Ave

Digital Doomzday, Psychotic Gardening, Altars of Grief, Psyborum
The Exchange, 2431 Eighth Ave

Fleshtone Rockets
The Pump, 641 Victoria Ave E

The Scrags, Herb and the Humans
O'Hanlon's, 1947 Scarth St

The Montagues
McNally's, 2226 Dewdney Ave

SC Mire
The German Club
1727 St. John St

Saturday, Oct. 11

Open Acoustic Jam
3:30-8 p.m.
Broadway's Lounge/Western Pizza, 1307 Broadway Ave



She was underwhelmed, but then she got Sloan tickets and life was good again. Catch the band (including Jay Ferguson, left, and Chris Murphy) at the Owl on Sunday. CANADIAN PRESS PHOTO

GDB
The Owl, U of R Riddell Centre

Fleshtone Rockets
The Pump, 641 Victoria Ave E

Buffalo Narrows
The Lancaster, 4529 Gordon Rd

Sunday, Oct. 12

Sloan
The Owl, U of R Riddell Centre

Monday, Oct. 13

Weekly Drum Circle
Instruments provided
7:30-9 p.m. The Living Spirit Centre, 3018 Doan Dr. Call Mike, 306-550-3911.

Tuesday, Oct. 14

Dide Towns
O'Hanlon's, 1947 Scarth St

VISUAL ART

Adrian Stimson: The Immortal Buffalo Boy
Adrian Stimson is a First Nations artist whose multimedia work incorporates themes of history, gender, and identity
Opening Reception: Oct. 8, 7-9 p.m.
Oct. 8-Nov. 20
Art Gallery of Regina, Neil Balkwill Civic Arts Centre, 2420 Elphinstone St

Horrid: Journey Into the Dark
Local artists Joel Hustak and Matthew Lapierre delved deep into the dark abyss of their imaginations to bring forth creatures and landscapes of great strangeness and horror. The show is presented from the perspective of an early 20th century artist and psychonaut who has experimented with a strange new drug that has slipped him into a dark world.
Creative City Centre
1843 Hamilton St.

Martin Tagseth: New Ceramics
Until Oct. 25. Mysteria Gallery, 2706 13th Ave.

Contemporery Canadiene
The Artists of Scott Nicholson Fine Arts. Features the works of Canadian fine artists who have created works of art in three distinct styles portraying the essence of contemporary Canadiana.
Until Oct. 31. Regina Centre Crossing, 1621 Albert St

Kyle Herranen: Colour
Powerful modern works created with wood veneer and resin.
Until Nov. 1. Slate Fine Art Gallery, 2078 Halifax St.

Miljohn Ruperto: Janus
Los Angeles artist Miljohn Ruperto's video Janus addresses the fine line between states of being. Named after the Roman god of beginnings and transitions, the subject of Janus is the well-recognized "duck-rabbit" illustration popularized by the philosopher Ludwig Wittgenstein. The ambiguous animal's features twitch, its eye blinks, and a wound on its body opens up, implying an overlap of life and death.
Until Nov. 13. Central Mediatheque, Dunlop Art Gallery — Central Branch, 2311-12th Ave.

From What Remains
Artists Jason de Haan, Kerri Reid and Kara Uzelman infuse data with poetic and speculative meaning via material transformations, replications, assemblages, and texts that mimic scientific processes.
Until Nov. 13. Dunlop Art Gallery — Central Branch, 2311-12th Ave.

Jesmine Reimer: the harder softer side
Reimer fuses everyday objects with fabricated raw materials to refuse their functionality and their esthetic, creating an evocative mixture of the familiar and the grotesque
Until Nov. 26. Dunlop Art Gallery — Sherwood Village Branch, 6121 Rochdale Blvd

Wilf Perreault: In the Alley | Dens la Ruelle
A major retrospective of celebrated Saskatchewan painter Wilf Perreault. Best known for a single subject — the everyday back alley.
Until Jan. 4. MacKenzie Art Gallery, 3475 Albert St.

Troy Coulterman: Digital Handshake
Exhibition examines our uncanny relationship to technology, and imagines ways it — and we — might adapt.
The first major solo exhibition by Regina-based sculptor Coulterman.
Until Jan. 25. MacKenzie Art Gallery, 3475 Albert St.

Assiniboia Gallery
2266 Smith St.
Open Tuesday to Friday, 10 a.m.-5:30 p.m., Saturday 10 a.m.-5 p.m.

Neutral Ground
#203-1856 Scarth St.
Open Tuesday to Saturday, 11 a.m.-5 p.m.

Dakland Gift and Fine Arts
Oil and ink paintings by Chinese artists Lingtao Jiang and Hualyi Tian.
2312 Smith St. Open Monday to Saturday, 10 a.m.-5 p.m.

TAE Contemporary Gallery
1621 11th Ave.
Open daily 11 a.m.-6 p.m.

COMEDY

Darrin Rose: My Dad's Other Son
Oct. 11, 8 p.m. University Theatre, U of R Riddell Centre

The Laugh Shop
Live standup every Saturday night, 9:30 p.m. Ramada Hotel, 1818 Victoria Ave.

PERFORMANCE

Echoes of Erin
Irish traditional music, song, dance and humour
Oct. 9, 8 p.m. Royal Sask Museum, 2445 Albert St.

Cracking the Code: Unraveling the Mysteries of Hungarian Folk Music and Dance
36th Western Canadian Hungarian Folk Festival
Oct. 11, 7:30 p.m. Balaton Ballroom, 1925 McAra St.

Hungarian dance performance
36th Western Canadian Hungarian Folk Festival
Oct. 12, 2 and 7 p.m.
Orr Centre, 4400 4th Ave.

Much Ado About Nothing
Until Oct. 19. Globe Theatre, 1801 Scarth St.

DANCING

Fun Dancing
Learn to square dance, round dance or clog. First two nights free.
Oct. 9, 6-7:30 p.m.
St. James Anglican Church, 1105 Empress St.

Rebel Night Dance Club
Music by Norwin
Oct. 10, 7:30-10:30 p.m.
Northeast Community Centre, 160 Broad St. N.

Retro Dance Party
Every Sunday
McNally's, 2226 Dewdney Ave.

Traditional Metis Jigging
Free lessons. Pre-registration is recommended. 306-525-5393
Monday evenings, 6:30-7:30 p.m. New Dance Horizons, 2207 Harvey St.

EVENTS

West Coast Swing Toonie Tuesdays
Oct. 14, 7:30-9:30 p.m.
Northeast Community Centre, 160 Broad St. N.

SPORTS

Canadian Straightboard Shuffleboard Championships
Oct. 6-9. DoubleTree Hilton, 1975 Broad St.

Regina Pats vs. Kootenay
Oct. 8, 7 p.m.
Brandt Centre, Evraz Place

Women's basketball
Cougars vs. Fraser Valley
Oct. 9, 7 p.m. U of R CKHS

Men's hockey
Cougars vs. Alberta
Oct. 10, 7 p.m. Co-operators Centre, Evraz Place

Women's basketball
Cougars vs. Carleton
Oct. 10, 7 p.m. U of R CKHS

Regina Pats vs. Tri-City
Oct. 10, 7 p.m.
Brandt Centre, Evraz Place

Women's soccer
Cougars vs. MacEwan
Oct. 11, noon. U of R Field

Women's basketball
Cougars vs. Saskatchewan
Oct. 11, 1 p.m. U of R CKHS

Men's hockey
Cougars vs. Alberta
Oct. 11, 7 p.m. Co-operators Centre, Evraz Place

Women's soccer
Cougars vs. MacEwan
Oct. 12, noon. U of R Field

Regina Thunder vs. Winnipeg Rifles
Oct. 12, 1 p.m. Mosaic Stadium

FOR FAMILIES

Stars and Strollers
Wednesday, 1 p.m.
Cineplex Odeon Southland Mall, 3025 Gordon Rd

Bake A Difference
Combat bullying through baking; spread kindness with a cookie.
Wednesday, 5-7 p.m.
Sweet Ambrosia Bake-shoppe, 230 Winnipeg St. N.

Drop-in crafts and gym
Free event for youth aged 5-18.
Thursday, 4-6 p.m.
Eastview Community Centre, 615 6th Ave.

Drop In Indoor Playground
Friday, 9-11:45 a.m.
South Leisure Centre, 170 Sunset Dr.

Mom and Tot Bored Meetings
Hosted by Kate Murray, 306-216-2511.
Friday, 10-11:30 a.m. Early Learning Family Centre, Scott Collegiate, 3350 7th Ave.

Build and Grow Clinics
Build a special feature project. For children age 5 and up.
Saturday, 10 a.m.
Lowes, 4555 Gordon Rd

Michaels Kids Club
Saturday, 10 a.m.-noon
2088 Prince of Wales Dr.



The U of R Cougars take on the MacEwan Griffins this weekend on the soccer pitch. QC PHOTO BY MICHAEL BELL

Family Favourites films
Enjoy a favourite film for just $2.50.
Saturday, 11 a.m. Galaxy Cinemas, 420 McCarthy Blvd. N.

Family activities
Saturday and Sunday, 2 p.m.
Saskatchewan Science Centre, 2903 Powerhouse Dr.

Family Studio Sundays
Sunday, 2-4 p.m.
MacKenzie Art Gallery, 3475 Albert St.

Parent and Preschooler Jungle Gym
Monday, 9:30-11 a.m.
Al Ritchie Family Wellness Centre, 445 14th Ave.

Science Time for Tots
Interactive workshop aimed at early learners.
Tuesday, 9:30-10 a.m.
Saskatchewan Science Centre, 2903 Powerhouse Dr.

Drop-in crafts and gym
Free event for youth aged 5-18.
Tuesday, 4-6 p.m.
Eastview Community Centre, 615 6th Ave.

Mom's Morning Out
3200 Avonhurst Dr., swalter@sasktel.net

Mothers of Pre-Schoolers (MOPS)
Rosewood Park Alliance Church, mops@rosewoodpark.ca

Regina Newcomers Club
reginanewcomersclub@gmail.com

Time Out For Parents
Al Ritchie Family Wellness Centre, 2250 Lindsay St., 306-525-4989; arfwp@sasktel.net

Y's Moms Group
YMCA, 2400 13th Ave., 306-757-9622

YWCA Regina
1940 McIntyre St., 306-525-2141

MUSEUMS

Alex Youck School Museum
1600 Fourth Ave.
Tours by appointment only (306-523-3000).

Civic Museum of Regina
1375 Broad St.
Tuesday-Friday 10 a.m.-4 p.m.
Saturday noon-4 p.m. Closed Sunday and Monday.

Government House Museum & Heritage Property
4607 Dewdney Ave.
Tuesday to Sunday, 9 a.m.-4 p.m.

RCMP Heritage Centre
5907 Dewdney Ave.
Open 11 a.m.-5 p.m. daily.

Regina Firefighters Museum
1205 Ross Ave.
Tours by appointment (306-777-7714).

Regina Floral Conservatory
14508 4th Ave.
Open daily, 1-4:30 p.m.

Royal Saskatchewan Museum
2445 Albert St.
Open 9:30 a.m.-5 p.m. daily.

Saskatchewan Military Museum
1600 Elphinstone St.
Open Monday and Thursday, 7-9 p.m., or by appointment (306-347-9349).

Saskatchewan Science Centre
2903 Powerhouse Dr.
Tuesday-Friday 9 a.m.-5 p.m.
Saturday-Sunday and holidays noon-6 p.m.
Closed Mondays.

Saskatchewan Sports Hall of Fame
2205 Victoria Ave.
Monday-Friday 10 a.m.-4:30 p.m. Closed weekends.

OTHER HAPPENINGS

Regina Farmers' Market
Wednesday and Saturday, 9 a.m.-1 p.m. — last outdoor markets of the season.
City Square Plaza, downtown

RCMP Sergeant Major's Parade
Weekdays, 12:45 p.m.
RCMP Depot Division, 5600 11th Ave.

Learn to Curl or Improve Your Skills
Call 306-543-8600 to register. Oct. 7-10, 6:30-8:30 p.m.
Highland Curling Club, 348 Broad St.

Regina Farmer's Market on campus
Every Thursday, 10 a.m.-2 p.m.
U of R Research and Innovation Centre Atrium

Divas Night Out
Entertainment and comedy by women, for women.
Oct. 9, 6 p.m.
Casino Regina Show Lounge 1880 Saskatchewan Dr.

Black Tie Auction
Hosted by Government House Historical Society. An auction of antiques, collectibles and unique items and an evening of wine and entertainment. Music by Jack Semple and featuring artist Jason Robins.
Oct. 9, 6 p.m. Government House, 4607 Dewdney Ave.

Pints & Prose Trivia
Sunday, 8:30 p.m.
O'Hanlon's, 1947 Scarth St.

Seniors exercise
Free weekly event invites mature adults (55+) to have some fun doing light exercises and socializing.
Monday, 9:30-10:15 a.m.
Eastview Community Centre, 615 6th Ave.

ChewsDay Challenge
Drop-in gathering of board game enthusiasts.
Every Tuesday, 6 p.m.-midnight.
Boston Pizza, 545 Albert St. N.

Women's History Month event
Keynote Speaker Tina Beaudry-Mellor. Free to attend.
Oct. 14, 7-9 p.m.
Conexus Arts Centre 200 Lakeshore Dr.

FILM

Boyhood
Drama
Filmed over 12 years, this is the story of a young man, Mason (Ellar Coltrane), from age five to 18. Directed by Richard Linklater, starring Patricia Arquette and Ethan Hawke.

EVENTS

20,000 Days on Earth
Documentary
Writer and musician Nick Cave marks his 20,000th day on the planet Earth.

Regina Public Library Theatre
2311 12th Ave., 306-777-6104

Flight of the Butterflies
Documentary
Join hundreds of millions of butterflies on an amazing journey to a remote hideaway in the mountains of Mexico.

Kanya: Animal Kingdom
Documentary
Discover Kanya's famous fauna in their natural habitat, including the Big Five — lions, African elephants, Cape buffalo, leopards and black rhinos — and giraffes, hippos and cheetahs. Meet two fearless young Maasai and follow them on their ritual safari.

Island of Lemurs: Madagascar
Documentary
Join scientist Patricia Wright on her lifelong mission to help endangered lemurs survive in the modern world. Narrated by Morgan Freeman.

Journey to the South Pacific
Narrated by Cate Blanchett, this is a breathtaking adventure to the lush tropical islands of remote West Papua, where life flourishes above and below the sea. Join Jawi, a young island boy, as he takes us on a journey of discovery to this magical place where we encounter whale sharks, sea turtles, manta rays and other iconic creatures of the sea.

Kramer Imax
2903 Powerhouse Dr
306-522-4629

NEW MOVIES

Addicted
Drama
Zoe (Sharon Leal), mother of three, meets Quentin Matthews (William Levy), a gorgeous artist who asks if he can paint her, and she consents. At about the same time, her husband Jason (Boris Kodjoe) begins to neglect her, and Zoe and Jason begin an affair. Jason falls in love with Zoe and begs her not to leave, which puts her on a dangerous path, which may cost her marriage and possibly even her life.

Alexander and the Terrible, Horrible, No Good, Very Bad Day
Family
Eleven-year-old Alexander (Ed Oxenbould) experiences the most terrible day of his young life, meanwhile his family is having nothing but luck. However, when his brother Anthony (Dylan Minnette), sister (Kerris Dorsey), mom (Jennifer Garner) and dad (Steve Carell) soon all find themselves living through their own bad day, Alexander helps guide them through it.

Dracula Untold
Action
When Vlad Tepas (Luke Evans) learns the Sultan is forming an army of 1,000 boys, including Vlad's son, Vlad vows to find a way to protect his family. He turns to dark forces and agrees to go from hero to monster as he's turned into the mythological bloodsucker Dracula.

The Judge
Drama
When successful big city lawyer Hank Palmer (Robert Downey Jr.) returns to his hometown for his mother's funeral, he finds out that his estranged father (Robert Duvall), esteemed Judge Joseph Palmer, is suspected of murdering a former defendant whom he failed to convict, and who went on to commit a horrific crime. Hank sets out to discover the truth, and along the way, reconnects with the family he walked away from years before.

One Chance
Drama
The true story of Paul Potts (James Corden), a shy, bullied shop assistant with a talent for singing opera who became an instant YouTube phenomenon after appearing on Britain's Got Talent.

Galaxy Cinemas
420 McCarthy Blvd. N.
306-522-9098

Cineplex Odeon
Southland Mall Cinemas
3025 Gordon Rd., 306-585-3383

Rainbow Cinemas
Golden Mile Shopping Centre
3806 Albert St., 306-359-5250

Events listings are a free community service offered by QC. Listings will be printed if space permits.

Foster's Footcare Footwear Week
October 6 to 11, 2014
SAVE $25 off all regularly priced footwear



"Footwear, Comfort and Service... Every Step of the Way"

Drop in during Footcare Week, check out our extensive and attractive range of footwear for work, rest and play. This is your chance to experience true comfort and save $25. In addition, Foster's specializes in foot health, orthopedic footwear and orthotics.

Take advantage of the following:
- **Foster's Pedorthic Team,** Mike and Rodney are available to discuss your footcare needs and offer advice
- **FREE** educational literature and videos on footcare
- **FREE** coffee and donuts



ALS Ice Bucket Challenge at Foster's Shoes
Ruth, Mike and Rod get dunked

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READ MY BOOK

LOCAL AUTHORS: Writers tell us what makes their book worth reading

NICHOLAS OLSON

The Adirondack Haystack Still Floats



Nicholas Olson

There was once a 72-year-old man named Charles who lived in the same Montreal neighbourhood his entire life.

Charles never went to university but The Professor did. The Professor went to university so long that it made him go crazy and disappear.

Julia went to community college and she also disappeared, but she disappeared because someone kidnapped her.

A part of Rick disappeared, but not the whole thing; his head fell off.

Toby, well, Toby's head didn't fall off, but his head was almost shot off by homemade fireworks on the 4th of July.

Achilles lived in Mexico and didn't much care for the Fourth of July. He didn't much care for Americans but still stood up for them when they got jumped in his neighbourhood.

Mitch Randall was about as American as it gets, giving away free bottles of hot sauce with every piece of used furniture he sold.

Jesse was in a similar place, offering an emotional yet logical patriotic lawncare service in southern California.

Kelsey wasn't patriotic to the point that she almost got arrested in the Vancouver airport for being the granddaughter of a communist.

Christie was pretty sure she hated communists and had never flown anywhere in her life, she grew up on the Greyhound.

Kenny often made UPS deliveries to the Greyhound depot in his town, as well as occasionally to nearby farms.

David, he fled the impending apocalypse and ended up back at the farm where his grandparents settled and his parents grew up and this somehow didn't make him feel any more at home.

The Adirondack Haystack Still Floats tells stories of these 12 people who perfectly demonstrate that prominence and fame is boring and pathetic, and that what is routinely deemed as boring and pathetic is actually the most interesting aspect of our world, that is the real truthful people which inhabit it.

You can buy The Adirondack Haystack Still Floats at ballsofrice.com or at Norwood Shop (2401 11th Ave. in Regina).





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50 YEARS OF LIFESAVING

REGINA HUMANE SOCIETY'S 50TH ANNIVERSARY

WEDNESDAY, OCT 15, 2014 | 7 P.M. | $30 PER PERSON

SHUMIATCHER ROOM, CONEXUS ARTS CENTRE, 200 LAKESHORE DRIVE

Presenting Sponsor

Petplan pet insurance

For tickets: 306-543-6363 or events@reginahumane.ca

www.reginahumanesociety.ca

ON THE SCENE

OKTOBERFEST

Ein Prosit, Ein Prosit der Gemutlichkeit!

Beer stein or glass in hand, Oktoberfest enthusiasts around the world salute each other's health and well being during the traditional autumn festival.

Regina's German Canadian Society Harmonie was packed Saturday with people of all ages participating in the annual fun fair.

There was much beer drinking and merrymaking. Dirndls (dresses in the style of Alpine peasant costume with a full skirt and a close-fitting bodice) and lederhosen (leather shorts with H-shaped suspenders, traditional worn by men in Alpine regions such as Bavaria) were out in full force.

The celebration included a pig roast, games, entertainment and a beer keg tapping ceremony.

QC PHOTOS BY MICHAEL BELL

1. Kathy and Hank Schulte

2. Lindsey and A.J. Powell

3. Tara Gaudet, A.J. Powell, Crystal Gellner and Frank Gaebel

4. Karen Pytlowany and Ray Unger

5. Marion and Troy Breitsprecher

6. Ida and Andy Grzesina

7. Brooke Jackson and Jaya Vester

8. Sacha Spanier and Tasha Bjola

9. Nichole and Randy Hallemann

10. Ailsa Raine (left) and "Eva"



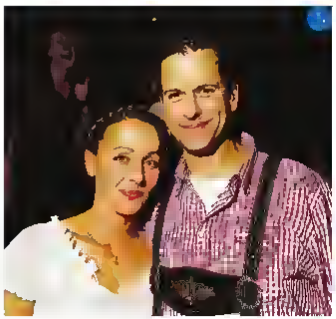


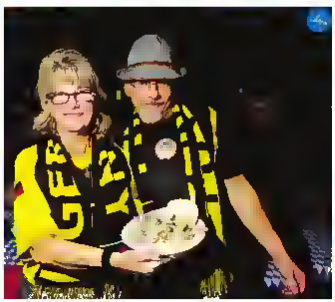
















SHARP EATS

See a food trend you think deserves a highlight? Email QC@leaderpost.com or visit us on Facebook

#SASKATCHEWAN FOOD SCENE

The time is right for soup

By Jenn Sharp

Gluten-free veganism could be a culinary nightmare but not for one resourceful Saskatchewan home chef.

Megan Lust is a vegan and her husband Levi has severe food intolerances, including Celiac Disease. She requires an allergen-free diet to feel best, which means no gluten, dairy, eggs or red meat. Lust is also a vegan. You would think that doesn't leave a lot of food left to eat, but one glance at her blog, The Gluten-free Vegan, tells a different story.

It's full of inventive, healthy and delicious recipes (I've tested several) in every category imaginable. This spring, Lust launched her first cookbook, Soup's On, as an e-book. It's an appealing read with beautiful photography and simple, easy-to-read instructions. It starts with a recipe for homemade vegetable stock and is then divided into clear soups and thick soups.

I tried her recipe for pumpkin soup last weekend (autumn — tis the season for pumpkin overkill, after all). I added way more spice than she called for (especially cumin and curry) and used store-bought vegetable broth (I wasn't up to making my own that day). It came out pretty darn delicious; I let it simmer for a few hours and now, on Day 3, that soup is better than ever.

Here's the recipe for Asian Buckwheat Soba Noodle Soup. I added in some notes from Lust on where to find ingredients.

To purchase the e-book, visit www.theglutenfreevegan.com.

ASIAN BUCKWHEAT SOBA NOODLE SOUP

INGREDIENTS

- *9 oz buckwheat soba noodles*
- *1/2 tsp sesame oil*
- *2 stalks lemongrass*
- *5 cloves garlic, sliced*
- *5 slices fresh ginger*
- *5 whole peppercorns*
- *1 cup bean sprouts*
- *1 lime, cut into wedges*

METHOD:

1. In a large saucepan, heat vegetable broth on high. Bring to a boil. Add lemongrass, ginger, garlic, chopped cilantro stems, white part of the green onion, and peppercorns. Reduce heat to low and simmer for 30 minutes.

2. Cook buckwheat soba noodles in a separate pot according to package directions. Cook the noodles slightly more al dente as they will continue to cook in the hot lemongrass broth. Drain and rinse noodles in cool water. Toss soba noodles with sesame oil. Divide noodles evenly among four soup bowls.

3. Divide enoki mushrooms, grated carrot and chopped green onion evenly among the four soup bowls, layering over the soba noodles. There should still be plenty of room in the bowls for the broth. Strain the broth, return the broth to the heat and add tamari and red chili flakes. Bring to a boil over high heat to get the broth very hot. Immediately pour the broth over the vegetables and noodles in the prepared soup bowls. Let stand for five minutes to heat through all the ingredients.

4. Serve garnished with bean sprouts, cilantro leaves and a wedge of lime.

Serves four.

Ingredient notes:

BUCKWHEAT SOBA NOODLES: Since most buckwheat soba noodles also contain wheat flour, it's important to source a gluten-free variety. Most health food stores carry King Soba brand soba noodles. They are gluten-free and there are a bunch of different flavour varieties.

LEMONGRASS. The Asian grocery section of Superstore usually has fresh lemongrass stalks. Any Asian grocer will almost always have fresh lemongrass and if they don't have fresh, they often have packages of frozen, trimmed lemongrass.

ENOKI MUSHROOMS: Many times I can find enoki mushrooms along with the regular mushrooms at the grocery store in a package. Asian grocery stores will almost always have fresh enoki mushrooms if the major grocery stores don't have them.



A creative Asian Buckwheat Soba Noodle Soup from the Gluten Free Vegan Megan Lust's cookbook Soup's On.
PHOTO COURTESY MEGAN LUST



Broccoli cheddar soup from the Gluten Free Vegan Megan Lust's cookbook Soup's On is the perfect fall comfort food.
PHOTO COURTESY MEGAN LUST

SHARP EATS

HEALTHY LIVING

A 'clean' month without drinking

By Jenn Sharp

I did a 'clean September" experiment, wherein I cut out the crap from my diet. After a summer of excess I really needed it.

The "crap" included anything processed, sugar (except fruit), wheat (just for fun, not because I'm worried about gluten) and alcohol.

Yes, I feel great and my skin has cleared up, but I think it had a lot to do with the lack of booze.

Summer was fun — a lot of fun. But my body paid the price.

So what's it like not drinking for a month? For the occasional drinkers out there, it'll seem like a stupid question, but I'm talking to the pint after work, wine with dinner and cocktails on the weekend crowd.

First of all, it was strangely liberating. For the first time in months, my weekend plans didn't revolve around where, when and how I was going to get the booze in.

Challenges of course presented, the worst of which was at a birthday party where everyone was looking to get drunk. I stopped by for a bit to celebrate with the birthday boy. People at the party, many of them incredulous friends of mine, just couldn't handle the fact I wasn't drinking.

'C'mon, just have one. It's no fun if you're not drunk.' (Actually I'm plenty of fun sober thankyouverymuch.)

'How about a shot? Does that count?" (Yes, it does and no, thanks.)

"I hate being drunk around sober people." (Sorry. Sucks to be you I guess.)

And so it went.

To clarify — I'm not one of those annoying sober people (we've all met them) preaching to anyone that will listen why alcohol is bad for your health. No, I'm pretty damn fun and will laugh at drunken antics with the best of them.

The problem these partiers had wasn't with me, but with themselves, which I only realized after a friend explained it to me. A sober person, even a jovial, unjudging one, tends to make him uncomfortable. Someday he too would like to quit the booze but hasn't yet found the courage to handle social situations without it. He also feared some of his friends wouldn't understand and may ostracize him. Sad I know but I think also true for more people than I realized.

The whole thing wasn't meant to turn me into a teetotaler (I love wine too much) but I can appreciate that the glass will often do the trick instead of the bottle. Sometimes, a cup of tea is even better.



Jenn Sharp with her cup of tea
QC PHOTO BY MICHELLE BERG

Give it a try one month, no booze. I'd love to hear about your experience.

jksharp@thestarphoenix.com
Twitter.com/JennKSharp



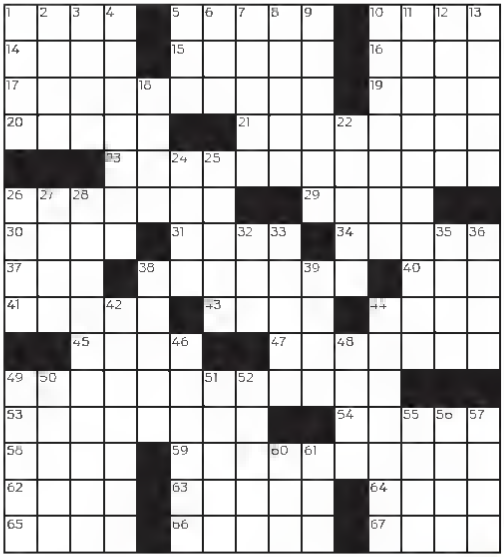






#CROSSWORD

NEW YORK TIMES *Edited by Will Shortz*



ACROSS

1 2013 Tonto portrayer
5 Artwork and furnishings
10 Flaky mineral
14 Word at the bottom of a page, perhaps
15 Eye: Prefix
16 Slippery ___ eel
17 Metaphorical mess
19 Bloods or Crips
20 Working stiff
21 Stage say
23 Monarch's advisers
29 1960s TV show featuring the cross-eyed lion Clarence
29 Wizards of aahs, for short?
30 Postings at LAX and ORD
31 Twice tetra
34 Sharply dressed
37 ___ Lemon ("30 Rock" role)
38 St. Louis Blues" composer
40 Period sometimes named after a president
41 Author Calvino
43 Himalayan legend
44 Push
45 "Get Smart" adversary
47 Micronesia's home
49 Only president to win a Pulitzer
53 Manhattan region
54 "You're wrong about me!"
58 Mex. miss
59 Race advantages ... or a hint to 17-, 23-, 38- and 49-Across
62 ___ Parker, first president of Facebook
63 Fired up
64 "Oh, why not?!"
65 "Giant" novelist Ferber
66 Jolts, in a way
67 Bean staple

DOWN

1 Official paperwork, for short
2 FEMA request, briefly
3 Phnom ___
4 Memory triggers
5 Big name in chemicals
6 "The Name of the Rose" author
7 Rice spice
8 Ancient Mexican
9 Mobster's gun
10 Burgundy relative
11 Musician with a Presidential Medal of Freedom
12 "Pleased to ___?"
13 Guardian ___
18 Words with time or song
22 Undercooked, as an egg
24 Old stock certificates
25 French spa locale
26 Place where people pick lox?
27 Bickering
28 Former Soviet republic
32 ___ Bo
33 Chekhov or Bruckner
35 "Star Trek: TNG" counselor
36 One-third of "et cetera"?
39 Scares a cat, in a way
39 Chop up
42 Showy flower
44 Biweekly occurrences for many
46 Part of Waldo's wear in "Where's Waldo?"
48 Shorten, say
49 Track great Owens
50 Worked on a trireme
51 Plant swelling
52 Minimum range, tides
55 Traditional ingredient in cookies and cream ice cream
56 Certain court order
57 Workplace rules setter, for short
60 Joey ___ & the Starlighters
61 1960s antiwar grp.

PUZZLE BY PETER A. COLLINS

JANRIC CLASSIC SUDOKU

Level: Gold

Fill in the blank cells using numbers 1 to 9. Each number can appear only once in each row, column and 3x3 block. Use logic and process of elimination to solve the puzzle.

The difficulty level ranges from Bronze (easiest) to Silver to Gold (hardest).

	2		1	7	6			5
3					2			8
	7					1		2
		5	4				9	
	4				1	5		
8		2					1	
6			9					3
9			2	3	7		5	

Solution to the crossword puzzle and the Sudoku can be found on Page 19



Attention Literacy Coordinators!

Raise-a-Reader funding applications

Postmedia Raise a Reader™

Application Deadline: October 31, 2014

We invite your organization to apply for funding from the 2014 Leader-Post and The StarPhoenix Raise-a-Reader campaign. The Raise-a-Reader program raises funds and awareness in support of family and children's literacy programs in Saskatchewan.

Raise-a-Reader funds raised at numerous events throughout the year are now available to support the important work you do: helping parents and children develop strong literacy skills.

Funding application forms are now available on the Saskatchewan Literacy Network website.
(Click on the Raise-a-Reader logo for forms & information)
www.sk.literacy.ca

For more information please contact
Saskatchewan Literacy Network
Phone (306)-764-1854 or 1-888-511-2111
email merilyn.steerns@sk.literacy.ca



LEADER-POST
The StarPhoenix

OUTSIDE THE LINES

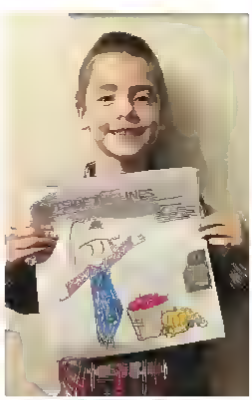


COLOURING CONTEST

Each week artist Stephanie McKay creates a timely illustration meant to please kids of all ages.

Children can colour the page, have a picture taken with the finished product and email it to **qc@leaderpost.com.** One winner will be chosen each week.

Please send **high-resolution pictures and include the child's name and contact information.**



Last week's QC colouring contest winner was **Jacob Wiskar.** Congratulations! Thanks to all for your colourful submissions. Try again this week!

WINE WORLD

#SASKATCHEWAN WINE SCENE

A new find for fans of the sweet red wine trend

By James Romanow

This time of year, even vegans go weak in the knees passing the grocery store chicken display. The skies are grey, the wind a bit chilly — it's time to break out the red wine. Real meat eaters don't stop for a chicken. Folks like that are heading straight for the beef section, for a slice of cow served still dripping blood. If you are of this persuasion, it is likely your wine of choice is cabernet sauvignon.

This is a problem if you are also around or approaching age 30, as your palate has been moulded by the great stampede to sweet. Cabernet is many things but sweet is not usually one of them. Indeed if you are of this particular bent — and you have many fellow drinkers of all ages — what you want is a bottle of Apothic with 20 or so grams of residual sugar per litre.

Well now you're 30, probably with a mortgage and thinking about kids and it's time to put aside childish wines and step up to the table wine. Fortunately for you, the makers of Apothic are there before you with Carnivor, a vintage cabernet sauvignon (Apothic is undated to allow blending flexibility).

This is very much a 21st century wine complete with tame tannins, well buffered acidity, and the requisite 20 plus grams of sugar. The texture is a little lighter than that of Apothic, which helps a bit with food.



This is a very nice wine for lovers of the new sweet red wine trend. It isn't my style of wine, and the makers know that. But if you're on that side of the fence, it's worth a try.

Carnivor Cabernet Sauvignon, USA, 2012, $17.99, ****

More wines for winter in Monday's paper and on Twitter @drbooze

Crossword/Sudoku answers

D	E	P	P		D	E	C	O	R		M	I	C	A
O	V	E	R		O	C	U	L	O		A	S	A	N
C	A	N	O	F	W	O	R	M	S		G	A	N	G
S	C	H	M	O			R	E	C	R	E	A	T	E
			P	R	I	V	Y	C	O	U	N	C	I	L
D	A	K	T	A	R	I			E	N	T	S		
E	T	A	S		O	C	T	A		N	A	T	T	Y
L	I	Z		W	C	H	A	N	D	Y		E	R	A
I	T	A	L	O		Y	E	T	I		P	R	O	D
		K	A	O	S			O	C	E	A	N	I	A
J	O	H	N	F	K	E	N	N	E	D	Y			
E	A	S	T	S	I	D	E			I	D	O	S	O
S	R	T	A		H	E	A	D	S	T	A	R	T	S
S	E	A	N		A	M	P	E	D		Y	E	A	H
E	D	N	A		T	A	S	E	S		S	O	Y	A

4	2	8	1	7	6	9	3	5
3	9	1	5	4	2	6	7	8
5	7	6	3	8	9	1	4	2
7	8	5	4	6	3	2	9	1
1	6	9	7	2	5	3	8	4
2	4	3	8	9	1	5	6	7
8	3	2	6	5	4	7	1	9
6	5	7	9	1	8	4	2	3
9	1	4	2	3	7	8	5	6

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